RESPONSIBLE DRINKING

(Please select Slide Show on the PowerPoint toolbar and then Select Start Slide Show From the Beginning from the left corner. The links (including the Certificate of Completion) will NOT function otherwise. Thank You)

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Objectives

- **Define a standard drink and other terms**
- **Define responsible drinking**
- **Discuss Alcohol Tolerance**
- **List consequences of irresponsible drinking**
- **Discuss drinking responsibly tips**

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Media Messages

- **Messages:**
  - **Binge drinking is out of control on college campuses**
  - **Having a drink once a day promotes good health**
  - **Don’t Drink and Drive**
  - **Drink in moderation**
  - **Drink responsibly**
  - **You need to drink to have fun, have a good date, or watch sporting events**

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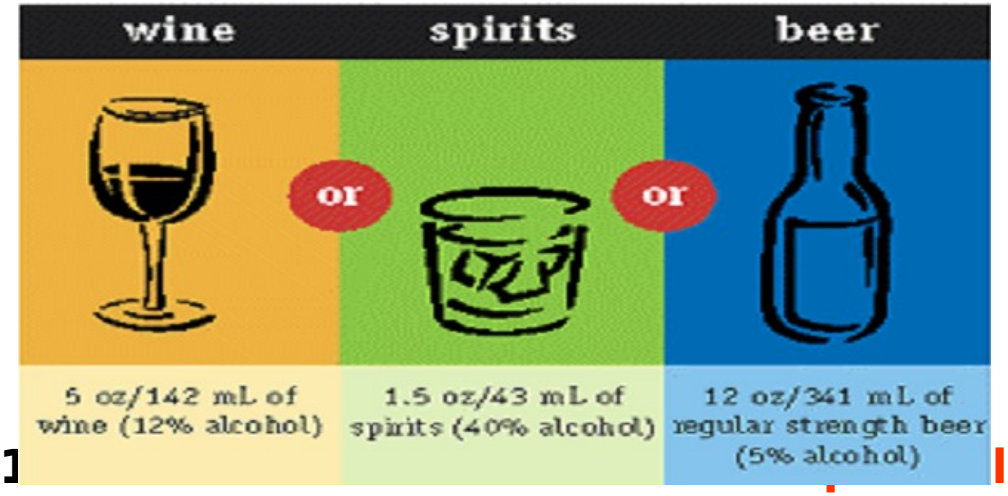
Definitions

- **One drink: defined as**
  5 oz of wine (12 percent alcohol),
  1.5 oz (shot) of 80-proof distilled spirits, or
  12 oz of regular beer



5 oz of 1 lcohol

1.5 oz of 80 Proof = 1.5 X .40 = 0.6 oz of pure alcohol

(Note: 80 proof = 40% alcohol)

12 oz X 5% beer = 12 x .05 = 0.6 oz of pure alcohol

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One Drink?

- **A single mixed drink may contain more than one “Standard Drink” if:**
  - **The amount of whiskey, vodka, rum or other distilled spirits added is more than a standard shot (1.5 ounces). A standard shot glass is 1.5 oz, but many shot glasses come in larger sizes.**
  - **The alcohol content or proof of the whiskey, vodka, rum or other distilled spirit used is greater than 80 proof (40% alcohol)**
- **A single glass of wine can contain anywhere from 8 to 28 or more ounces depending on the manufacturer and style of the glass; so a glass of wine may actually be anywhere from 1 to 5 or more drinks.**

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One Drink?

- **Some wines are called fortified wines because they have additional alcohol added to them and have an alcohol content of between 17-21% some examples include Port and Sherry.**
- **Many bars provide more than a 12 oz beer when ordered on tap.**
- **A 40 oz beer is actually three and a third drinks.**
- ***The standard drink definition is based on an average American can/bottle of beer, a standard single shot mixed drink of 80 proof alcohol, and a small glass of wine.***

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Definitions

- **Binge (Episodic) Drinking: having five or more drinks on a single occasion at least once in the past 30 days**
- **Moderate Drinking: (multiple definitions)**
  - **One drink per typical drinking occasion at least once a week, *or* 2-4 drinks per typical drinking occasion 2-3 times per month, *or* 5 or more drinks per typical drinking occasion once a month or less**
  - **The consumption of up to 1 drink per day for women and up to 2 drinks per day for men**
- **Responsible Drinking: Not drinking irresponsibly?**

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Responsible Drinking

- **Responsible drinking habits vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking.**
- **Due to medical conditions or dependence issues some individuals need to abstain from alcohol to be considered a responsible drinker. Some examples include:**
  - **Pregnant women**
  - **Anyone taking medication (consult with your Dr. when taking prescription medications)**
  - **Alcohol dependent person**
  - **People under the legal drinking age**

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Responsible Drinking

- **Responsible Drinking: Drinking in a way that does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.**

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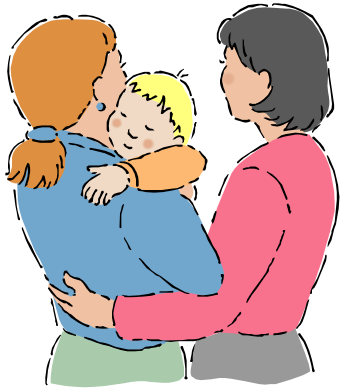
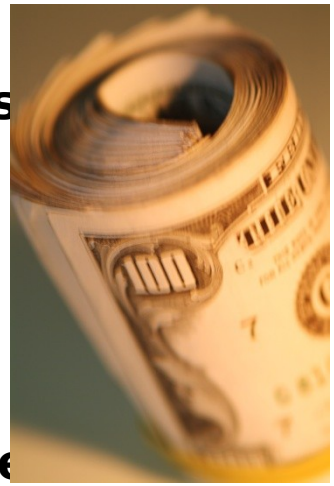
Results of Irresponsible Drinking



- DUI
- Vomiting
- Hangover
- Unexpected guest for breakfast
- Unprotected sex and/or unwanted sex
- Possible STD
- Fighting
- Loss of control – doing stupid things

- Reduced work quality and performance
- Financial problems
- Injury
- Problems with friends and family
- Health related problems
- Spouse/child abuse
- Passing out
- Black outs
- Death



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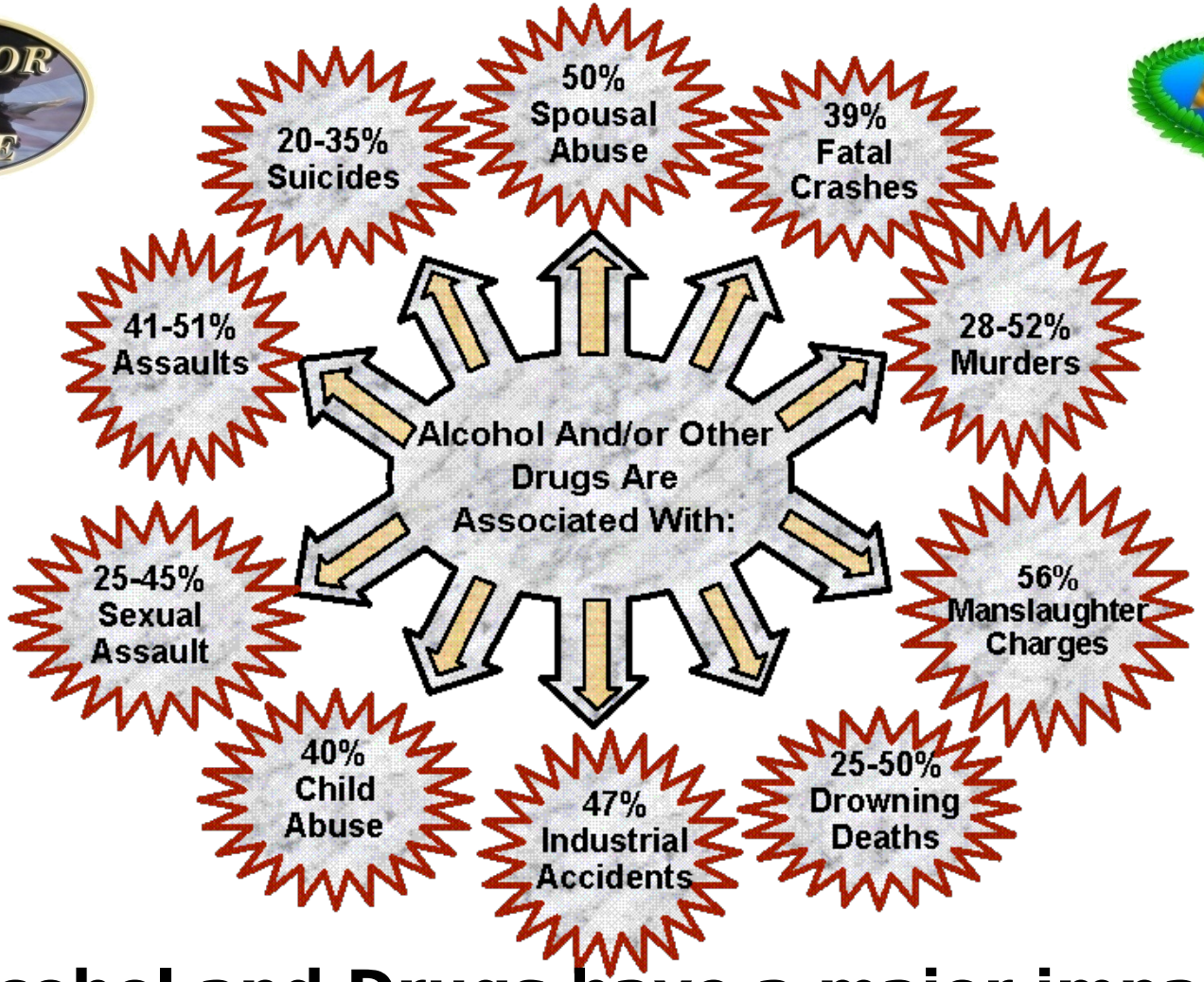

Alcohol and Drugs have a major impact on other illegal and /or dangerous activities. Irresponsible drinking can lead to these behaviors.

National Statistics, Center for Substance Abuse Programs

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Blood Alcohol Concentration (BAC)

- **BAC is the amount of alcohol in the bloodstream. Having a BAC of 0.10 percent means that a person has 0.1 grams of alcohol per 100 milliliters of blood in the body.**
- **All states define driving while intoxicated as having a BAC of 0.08 or above.**
- **Only certified breath or blood analyzers can accurately determine a persons BAC.**

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What affects BAC?

- Amount of alcohol you drank
- How fast or slow you drank
- Amount of food in the stomach
- Your body weight and type
- Your gender
- Type of mixer used
- Temperature of the drink
- Metabolism
- Emotional and physical condition
- Health status

A calculated BAC using weight, gender and number of drinks consumed does not take into account all of the factors that influence a persons BAC; therefore use caution if you decide to drive based on a calculated BAC. A BAC calculator only estimates your blood alcohol concentration.

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Tolerance

- **Tolerance means that after continued drinking, that drinking the same amount of alcohol as usual produces less of an effect or that it takes more alcohol to feel the same effect.**
  - **As your tolerance increases you may not feel intoxicated, but you could be over the legal driving limit. Some alcohol dependent people can have a 2.0 or higher blood alcohol content and show little to no signs of being intoxicated.**
  - **Individuals with low tolerances or people who have not drank in a long time may show effects of being intoxicated at BAC levels of 0.5 or below.**
- **As a persons tolerance increases, so does their chance of eventually becoming alcohol dependent**

For more information on alcohol and tolerance visit NIAAA at www.niaaa.nih.gov

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Drinking Tips

- **Eat before and during drinking.**
- **Before you Celebrate… Designate. Identify a responsible driver, use public transportation, or stay the night.**
- **Don’t chug your drinks; drink slowly and make your drinks last.**
- **Alternate between alcoholic and nonalcoholic drinks.**
- **Drink water to keep your body hydrated.**
- **Remember the word HALT, don’t drink if you’re Hungry, Angry, Lonely, or Tired.**

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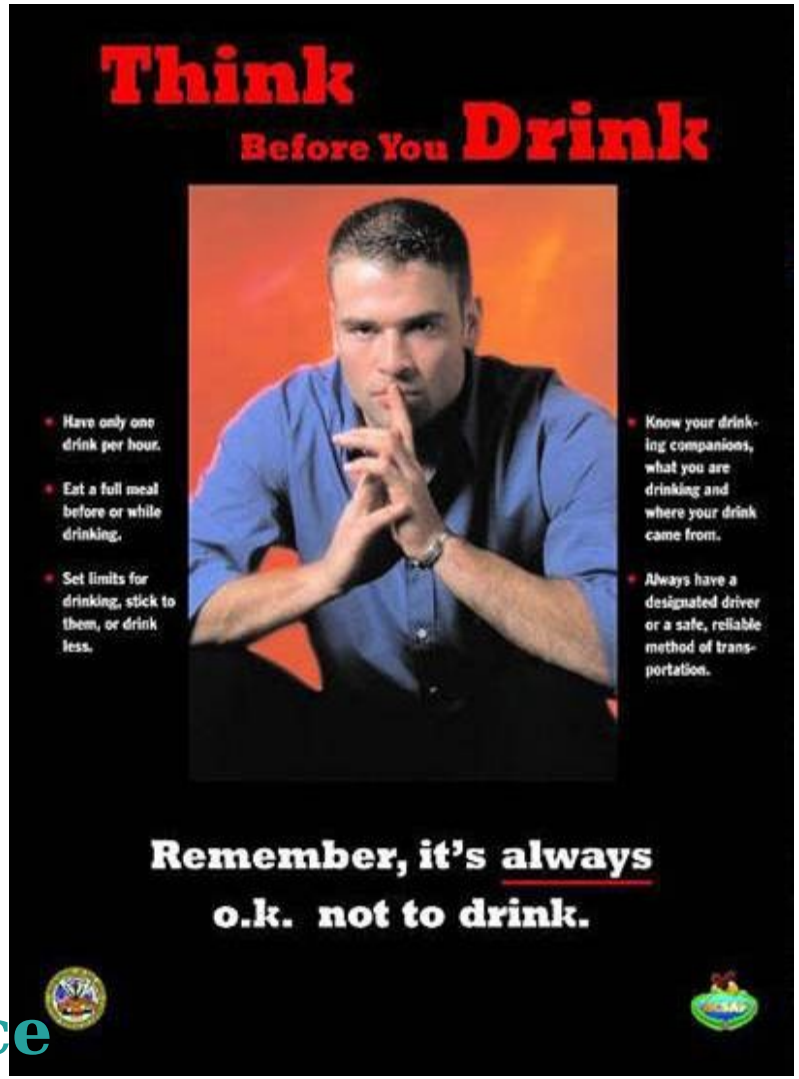
Drinking Tips

- Don’t lose control of yourself.
- Remember, it’s ALWAYS ok NOT to drink.
- Avoid binge drinking and drinking games.
- Take a friend along and watch out for each other
- Arrive and Leave with your friends – don’t leave anyone behind
- Don’t drink when taking medication


Think
Before You Drink
Have only one drink per hour.
Eat a full meal before or while drinking.
Set limits for drinking, stick to them, or drink less.
Know your drinking companions, what you are drinking and where your drink came from.
Always have a designated driver or a safe, reliable method of transportation.
Remember, it’s always
o.k. not to drink.

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Summary

- **Party Responsibly. Have a good time and blow off steam, but don't make drinking your priority. You should be there to have a good time not there just to get drunk.**
- **Plan Ahead. Make sure you've arranged for a sober ride home BEFORE going out.**
- **Pace Yourself. Limit yourself to one drink per hour or alternate between alcoholic and non-alcoholic drinks.**

"If You Drink at All, Don't Drive"

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Check Point 1

- John is out at the bar and drinks three twenty ounce beers during happy hour. How many standard drinks did he have?
  - Three
  - Four
  - Five
  - Six

Check Point #1

Sorry, that is incorrect. Remember the definition of a drink:

- **One drink: defined as 5 oz of wine (12 percent alcohol), 1.5 oz (shot) of 80-proof distilled spirits, or 12 oz of regular beer**

Try again

Check Point #1

Great Job!

Three twenty ounce beers is 60 ounces which equals 5 drinks

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Check Point 2

- **One standard drink is defined as a 12 ounce beer, 5 ounce glass of wine or 1½ ounces of _____ proof distilled spirits?**
  - **40**
  - **80**
  - **100**
  - **151**

Check Point #2

Sorry, that is incorrect. Remember the definition of a drink:

- **One drink: defined as 5 oz of wine (12 percent alcohol), 1.5 oz (shot) of 80-proof distilled spirits, or 12 oz of regular beer**

Try again

Check Point #2

Fantastic!

One and a half ounces of 80 proof (40% alcohol) distilled spirits is equal to one standard drink.

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Check Point 3

- **Which of the following people are drinking responsibly at Jim's Holiday party in Atlanta?**
  - **A Pregnant woman is drinking a smal l glass of white wine**
  - **An alcohol dependent man is drinkin g a beer**
  - **A man taking Sudafed is drinking a cola**
  - **A 20 year old woman is drinking is drinking a rum and coke.**

Check Point #3

Sorry, that is incorrect. Lets look at drinking responsibly and who should not drink at all:

- **Due to medical conditions or dependence issues some individuals need to abstain from alcohol to be considered a responsible drinker. Some examples include:**
  - **Pregnant women**
  - **Anyone taking medication (consult with your Dr. when taking prescription medications)**
  - **Alcohol dependent person**
  - **People under the legal drinking age**

Try again

Check Point #3

You know your stuff!

Pregnant women, underage people, alcohol dependent people and people on medication should not drink any alcohol.

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Check Point 4

- What does it mean if it used to take 3 beers before Jeff felt any effects of the alcohol and now it takes 6 beers to feel the same effect?
  - Jeff is becoming a real man
  - Jeff's tolerance is increasing
  - Jeff's tolerance is decreasing
  - Jeff should change his brand of beer

Check Point #4

Sorry, that is incorrect. Remember the definition of Tolerance:

- **Tolerance means that after continued drinking, that drinking the same amount of alcohol as usual produces less of an effect or that it takes more alcohol to feel the same effect.**

Try again

Check Point #4

You are obviously very intelligent!

It takes Jeff 6 beers to feel the same way that it used to take him 3 beers to feel. Jeff's tolerance is increasing.

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Check Point 5

- **Having five or more drinks on a single occasion at least once in the past 30 days is the definition of:**
  - **Responsible drinking**
  - **Binge Drinking**
  - **Light drinker**
  - **Heavy drinker**

Check Point #5

Sorry, that is incorrect. The definition of Episodic drinking may help.

Binge (Episodic) Drinking: having five or more drinks on a single occasion at least once in the past 30 days

Try again

Check Point #5

Outstanding Job!

Having five or more drinks on a single occasion at least once in the past 30 days is considered binge or episodic drinking.

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Check Point 6

- **Drinking in a way that does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life is the definition of:**
  - **Responsible drinking**
  - **Binge Drinking**
  - **Light drinker**
  - **Heavy drinker**

Check Point #6

Sorry, that is incorrect. Remember the definition of Responsible Drinking:

- **Responsible Drinking: Drinking in a way that does not adversely affect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.**

Try again

Check Point #6

HOOAH!

If a drinking experience impacts you negatively in any way at all then it is irresponsible drinking.

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Check Point 7

- **Which of the following will affect your BAC:**
  - **How fast you drink**
  - **Your Metabolism**
  - **Your Gender**
  - **All of the above**

Check Point #7

Sorry, that is incorrect, but you are partially correct. Lets review what affects your BAC.

- **Amount of alcohol you drank**
- **How fast or slow you drank**
- **Amount of food in the stomach**
- **Your body weight and type**
- **Your gender**
- **Type of mixer used**
- **Temperature of the drink**
- **Metabolism**
- **Emotional and physical condition**
- **Health status**

Try again

Check Point #7

You are right again!

All of these factors and more affect your Blood Alcohol Concentration

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Check Point 8

- True or False: Tolerance affects the BAC?
  - True
  - False

Check Point #8

Sorry, that is incorrect. This one was a little tricky, but lets look at what we said about tolerance.

- **As your tolerance increases you may not feel intoxicated, but you could be over the legal driving limit. Some alcohol dependent people can have a 2.0 or higher blood alcohol content and show little to no signs of being intoxicated.**
- **Individuals with low tolerances or people who have not drank in a long time may show effects of being intoxicated at BAC levels of 0.5 or below.**

Try again

Check Point #8

Couldn’t fool you!

As Tolerance increases it fools the drinker into thinking that his/her BAC is lower than it really is.

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Check Point 9

- **True or False: As your alcohol tolerance increases so does your chance of becoming alcohol dependent?**
  - **True**
  - **False**

Check Point #9

Sorry, that is incorrect. Look at what we said about tolerance.

- **As a persons tolerance increases, so does their chance of eventually becoming alcohol dependent**

Try again

Check Point #9

Superb job!

As a persons tolerance increases, so does their chance of eventually becoming alcohol dependent

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Check Point 10

- **Which is the <u>best</u> course of action when drinking?**
  - **Drink a six pack of beer during a football game (3 hours) then drive home.**
  - **Use a BAC calculator to see if you are ok to drive**
  - **If taking medication only drink 2 beers**
  - **Identify a responsible designated driver, use public transportation, or stay the night.**

Check Point #10

Sorry, that is incorrect. Lets review a few things.

- **Should someone drive after drinking a six pack of beer?**
- **BAC Calculators are only estimates and could cause you to drive when you are really legally intoxicated.**
- **Don’t drink when taking medications**
- **Remember your drinking tips - Before you Celebrate… Designate. Identify a responsible driver, use public transportation, or stay the night**

Try again

Check Point #10

Congratulations!

You have answered all the checkpoints correctly.

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Thank You...

please advance to

certificate

Type your name and organization, and print it out.

Save it to your files and email it to usarmy.lee.imcom.mbx.leee-ima-adco@mail.mil & your organization Training Officer to confirm that you have completed this

Army Substance Abuse Program online training.

(If you have questions, call 734-9079.)